



Find YOUR Fitness Challenge

Focus Area: Physical Activity

Objective: To uncover ways to be physically active that are enjoyable to YOU.

Length of Challenge: Four weeks (can be shortened)

Materials Needed:

- Sign-Up Sheet/Form (highly recommended)
- Find YOUR Fitness Challenge Worksheet
- Prizes (optional)

Directions:

1. Use the Challenge Worksheet to help you find the best physical activity fit for YOU.
(NOTE: This worksheet will not be shared.)

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:

1. Decide what dates your "Find YOUR Fitness Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how participants submit their Trackers and how/if winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the "Find YOUR Fitness Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!

4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to play the "Find YOUR Fitness Challenge".
 - Details about how to submit their Trackers and how winner(s) will be rewarded.

NOTE: Don't forget to BCC participants if contacting them via email.

6. Print or attach via email the "Find YOUR Fitness Challenge" and distribute to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and to have fun with it. Your communication might include additional information related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request 'Sample Weekly Emails' from your Regional Wellness Coordinator.)
8. As the four-week challenge nears an end, send out a reminder to participants to submit their "Find YOUR Fitness Challenge" and announce the winner(s)!